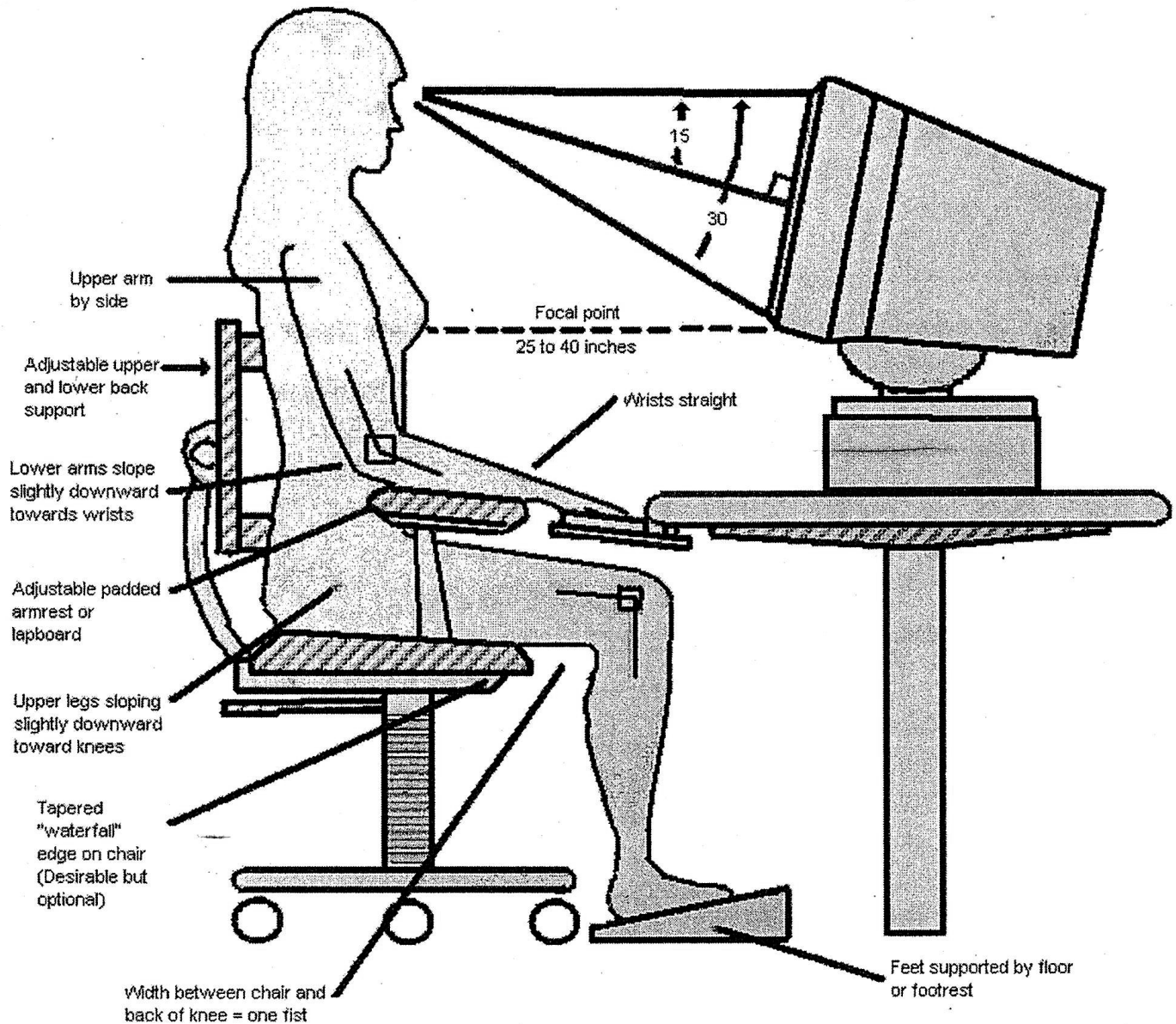


Computer Workstation Positioning Guidelines



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(Used by permission)

EXERCISES FOR THE OFFICE

One of the biggest injury risk factors associated with computer based work is static posture. Help relieve static muscle tension ***get up and move***.

Try to spend at least 5 minutes every hour away from your computer. These pages provide some illustrations of simple active stretches to perform at the office.

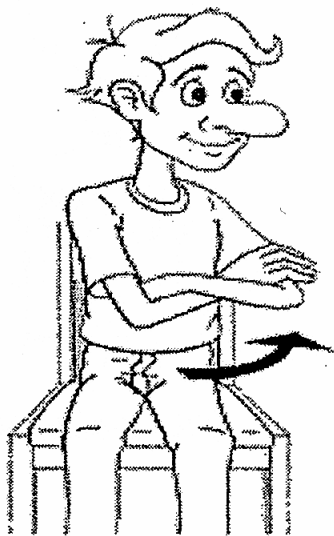
These are intended to guide you in stretching and help relieve some of the effects of prolonged static posture.

The following exercise illustrations have been taken from the book 'Computer Fit Staying Healthy in a Computer-Based Workforce' by Randall Helm, P.T. with illustrations by Julio Del Hierro (1997).

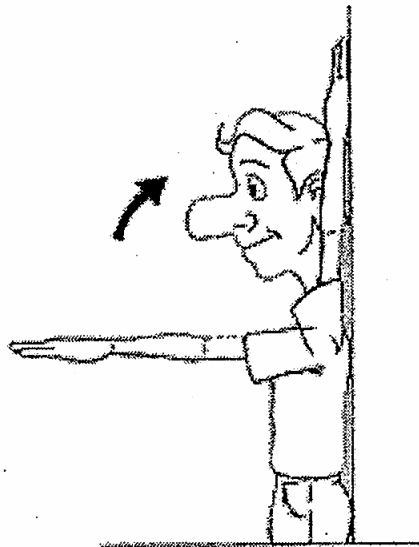
Remember to only stretch to the point of mild tension.

If pain occurs while stretching, stop the Try to incorporate the stretches into your daily routine.

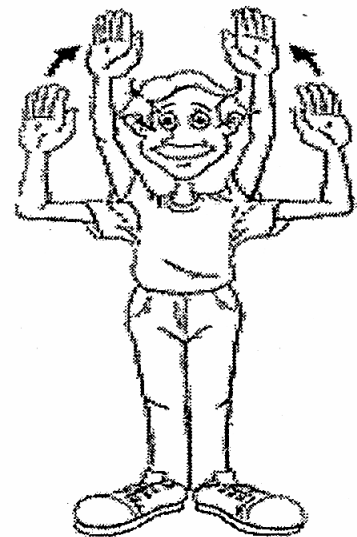
Have Fun!



Sitting Trunk Rotations



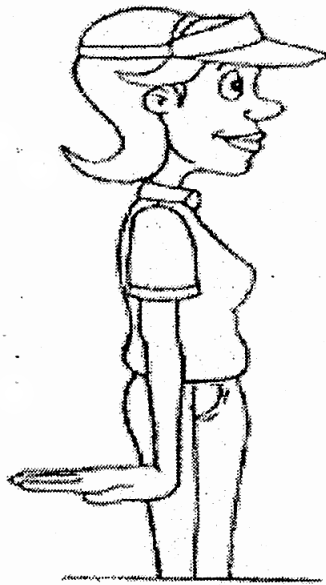
Overhead Wall Stretch



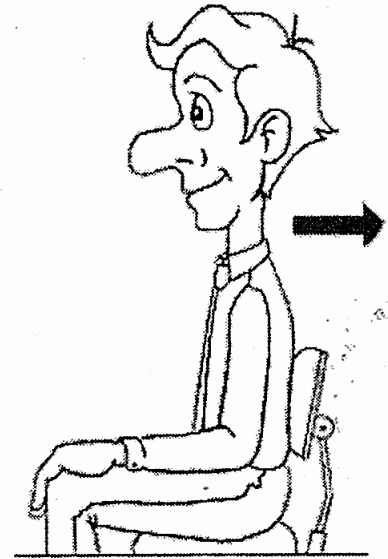
*Wall Slide
Overhead Reach*



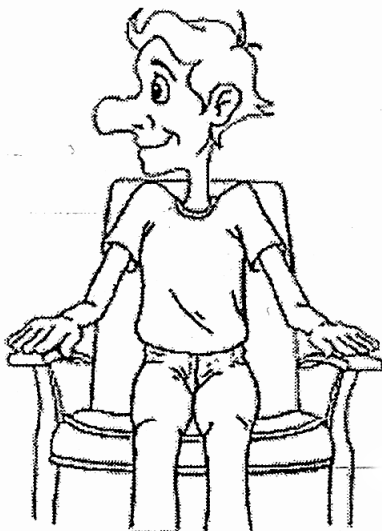
Tennis Elbow Stretch



Golfers Elbow Stretch



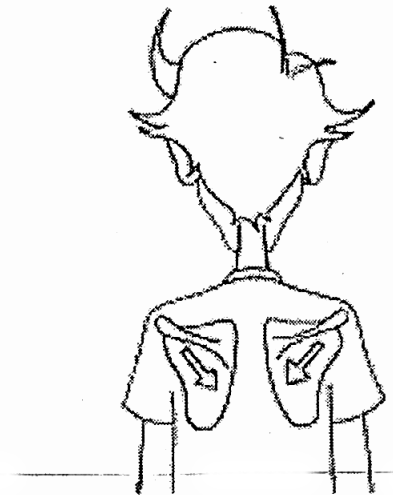
Chin Tucks



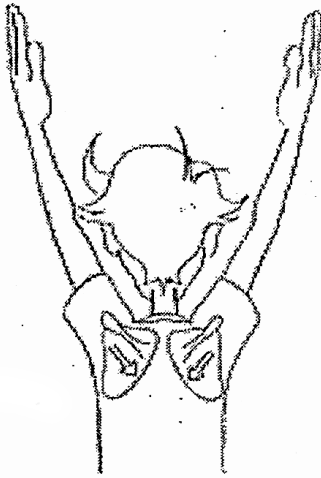
Neck Rotations



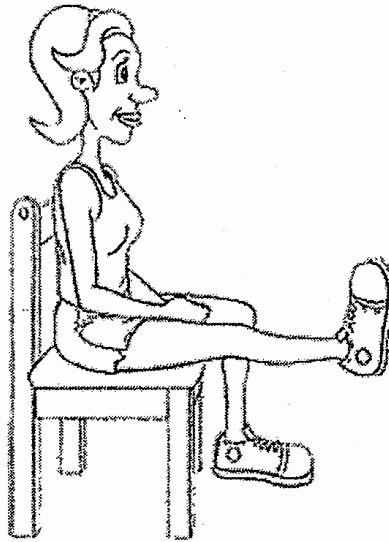
Neck Shrugs



Shoulder Blade Squeeze



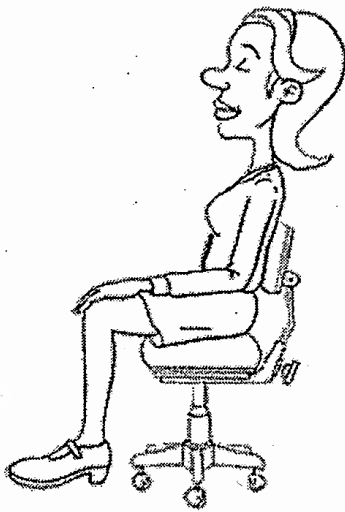
Arms Overhead



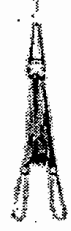
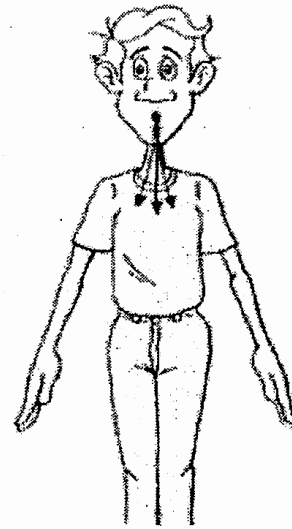
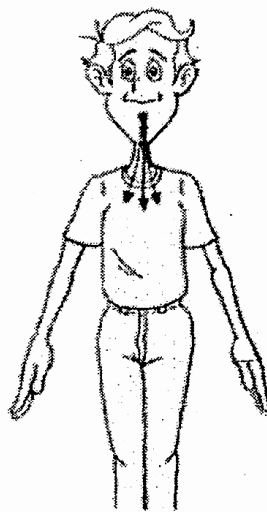
Sitting Hamstrings



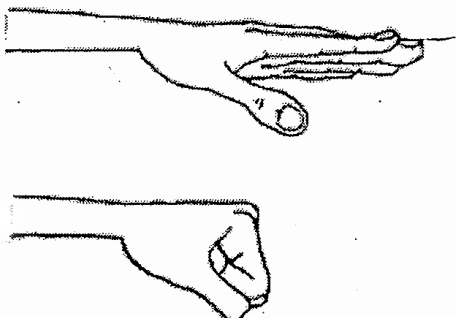
Backwards Bend



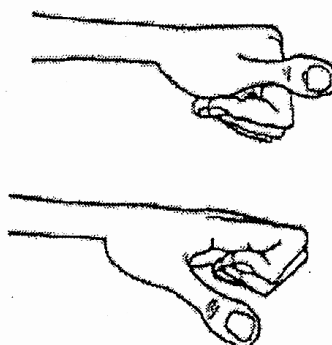
Progressive Muscular Relaxation



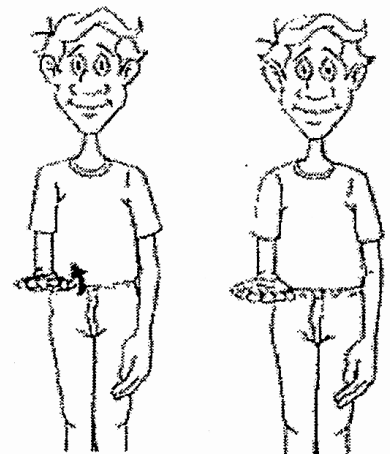
Deep Breathing Exercises



Hand Squeezes



Thumb Extensions



Palm Up & Palm